



Women Leadership Committee of Judo Canada

Volume 1

May 2013

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Toronto clinic with Kelita Zupancic

Last March, the Women Leadership Committee organized, in collaboration with Judo Ontario, a women's clinic in Toronto. Our Olympian Kelita Zupancic was the special guest for this clinic. More than 40 Ontarian women participated in this event.



Women clinic in Alberta

The 11th annual women camp was held on March 2nd & 3rd in Fort Saskatchewan, Alberta. The special guest for this event was Bianca Ockedahl and the camp was under the supervision of Laurie Wiltshire.



Referee clinic in Ontario

A women's referee clinic, organized by Diane Couture, was held on November 24 at the Budokan Ajax Annual Shiai 2012. Ten women participated in this event:

- Susan Sokol (ON)
- Brenda Mc Kay (ON)
- Margozata Dziergowska (ON)
- Mara Markovic Siladi (ON)
- Lyne Guertin (QC)
- Robin Roach (ON)
- Mikela Page (ON)
- Robyn Burgess (ON)
- Julie Blake (ON)
- Aartje Sheffiled (ON)



MEMBER OF THE WOMEN COMMITTEE

Marie-Hélène Chisholm



-Committee chair

Isabelle Pearson



-Member of the committee

Émilie-Claude Leroux



-Member of the committee

Diane Couture



-Project leader referees

Shu-Thai Cheng



- Representative of women leadership

Referee clinic in Quebec

Last February, a 2nd women's referee clinic was held in Quebec at the Super Coupe du Québec in Trois-Rivières. Two women from Western Canada and seven women from Quebec participated in this event:

- Sandra Hewson (BC) - Nat C
- Jennifer Parker (AB) - Nat B
- Lorie Bélanger (QC) - Nat A
- Marie-Ève Pouliot (QC) - Nat A
- Geneviève Lortie QC) - Pro A
- Joëlle Adams (QC) - Pro B
- Céline Ferland (QC) - Nat A
- Blanche Richer (QC) - Pro B
- Lyne Guertin (QC) - Nat C

The clinic was led by Donald Ferland. After the clinic, the referees were able to apply their perfected knowledge during the 2-day tournament.

Have an idea for a women's project ? Apply for funding!

This year, the committee decided to implement a new approach to develop women's projects. We would like to give the opportunity to everyone across Canada to submit projects that promote the involvement of women in judo.

Examples of projects include but are not limited to: coach development, referee clinic, women training camp, etc... projects just need to target women in judo. A province, a club or an individual can apply for funding.

Some important information:

Deadline for applications: June 30, 2013

Send your project's application at the following email address:
mariejudo@hotmail.com

The goal of the project needs to target the involvement of women in judo regardless of the judo area of interest.

The project needs to be clearly outlined.

The cost of the project need to be clearly detailed.

The project needs to be held between June 30, 2013 and March 31, 2014.

The U17 and U21 women's teams won the team competition at the Thuringa Challenge last March.

This event was held in Bad Blanckenburg (Germany) during the training camp following the individual competition.

Congratulations girls!



Geneviève Lavoie, Béatrice Valois-Fortier, Josianne Gagné, Ecaterina Guica, Marie-Michèle Girard, Cassidy Norris, Alix Renaud-Roy, Jessica Klimkait, Scott Tanner, Ewan Beaton, Maria Carla Chirila, Briana McCracken, Eugénie Lemieux, Jaquina Simamo, Mackenzie Burt, Catherine Beauchemin-Pinard, Monika Burgess, Ève Brochu-Joubert, Emily Schaan, Alexia Piché, Mina Coulombe, Jasmine Pitsilis, Ana Laura Portuondo-Isasi, Gabrielle DesForges.

Women's committee athlete of the year:

Kelita Zupancic

-70 kg

Shidokan Judo Club

- 2nd at Paris's Grand Slam (France), February 2013
- 1st at Oberwart's World Cup (Austria), February 2013
- 7th at Düsseldorf's Grand Prix (Germany), February 2013
- 1st at the Panamerican Championship in San Jose (Costa Rica), April 2013
- 1st at Baku's Grand Slam (Azerbaïdjan), May 2013 and ranked No 1 in the world after the event
- 2nd at World Judo Masters in Tyumen (Russia), May 2013



Interview with an involved woman



Her name is Sandra Hewson and she started judo at the age of 14 in England. She currently lives in British Columbia.

Which aspect of judo gave you the motivation to continue this sport during all these years?

Initially, I wanted to learn judo because I wanted to understand what a martial art is. I did every sport in school and was on all the school teams, plus some local ones. Just don't ask me how I got my homework done as I don't know!

When I approached my father for permission to try judo he said "no" and something about "girls don't do martial arts". So, of course I did it anyway being the rebellious teenager. I bought my first judogi with money from delivering newspapers every morning. I continued because I got hooked. The people I worked out with were really great and I was learning all the time.

I'm still hooked. The people I work out with are really great and I continue to learn so much. Sometimes it's technical but often I'm learning something I can use to help others and sometimes it's something about myself which translates to my everyday life.

By the way, my father is very proud of me now!

What are you the most proud about in your judo career?

It is when someone comes up to me and says what a positive role model I am for females in judo. Sometimes it's the person himself/herself and sometimes it's the parent of a young lady watching me referee, compete, working out at a camp or club session, helping them with a technique or when I just sit with them and talk over their experience. It always seems to be when I expect it the least.

How did you get involved in women's judo in the past couple of years?

I'm always involved in women's judo!

In the last couple of years I've been involved in many aspects as a woman in judo: zone head coach at the BC Winter Games, dojo instructor, refereeing at shiai across Canada and in the US, competing in kata and shiai including IJF World Masters in Miami November 2012, attending clinics and camps, participation in projects of Judo Canada Women's Leadership committee and BC committee, etc.

What are you passionate about and drives you to continue your involvement in women's judo?

The smiles on the faces of young women who know that they are not alone when we talk in the changing room, during workout, a camp or at competition. They see what I do and hopefully are inspired to keep training and enjoying judo. They see that judo is more than just competing, that it has many other interesting aspects.

What are your ideas regarding future projects for women's judo in your province and/or Canada?

I feel it is important to try to support others who already have women's projects. I hope Judo BC will support the annual women's camp in Alberta.

I have suggested adding a referee portion at a camp like our Judo BC Christmas one so that competitive females can see that there is something in judo for them after they have stopped competing.

Long term, I would like to set up exchanges (like school exchanges) between females in different countries to experience all aspects of judo. It would not be focused on competing and attending a camp but for females to experience the whole culture inside and outside the dojo of another country, make new friends and have new experiences which can be useful for their whole life.



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